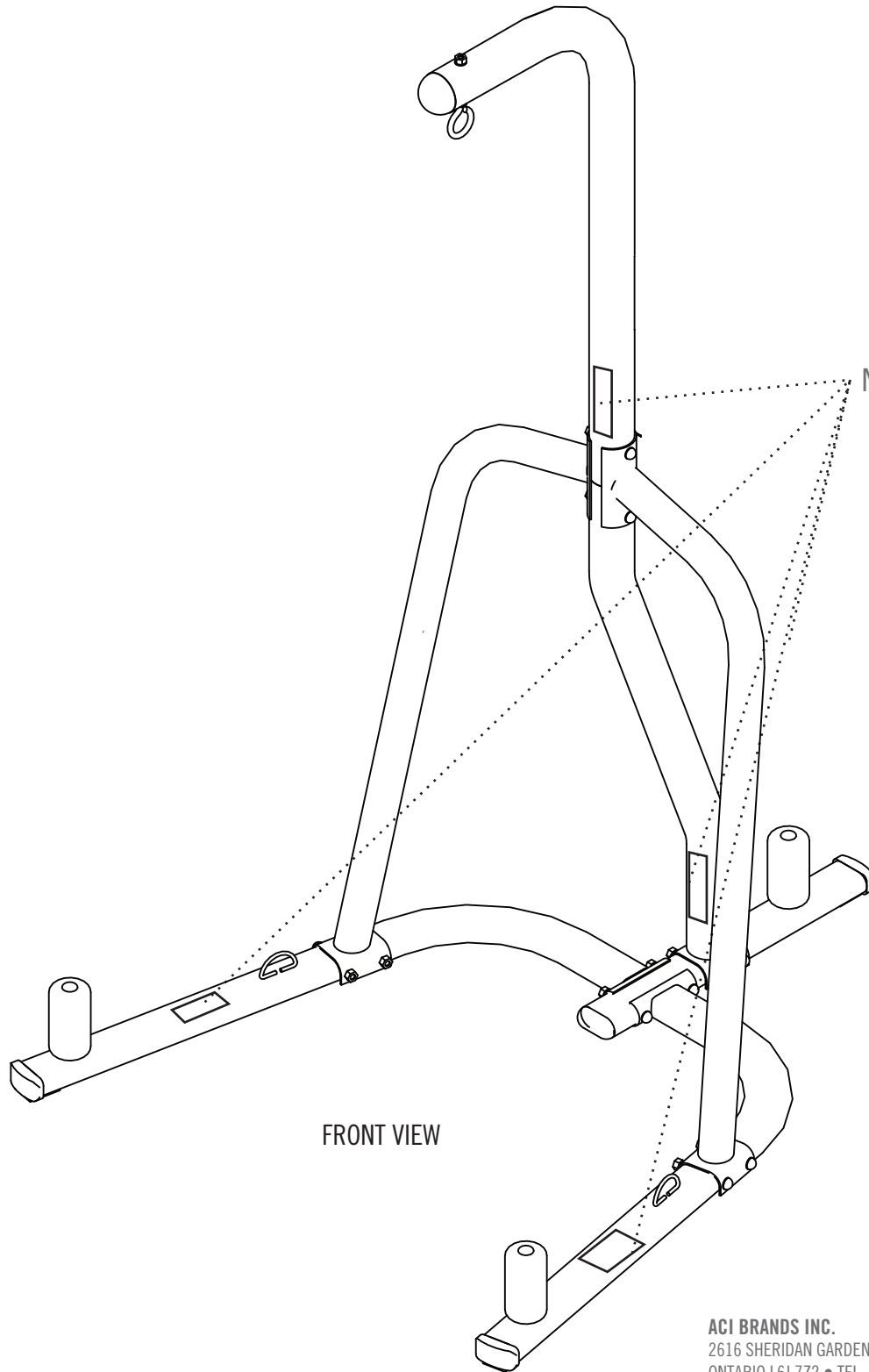




# 4812 HEAVY BAG STAND OWNER'S MANUAL



FRONT VIEW

Note: Warning Labels

**ACI BRANDS INC.**  
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## 4812 HEAVY BAG STAND OWNER'S MANUAL

CONGRATULATIONS! YOU HAVE JUST PURCHASED THE EVERLAST MMA OMNISTRIKE STAND. PLEASE READ OVER THE INSTRUCTIONS CAREFULLY PRIOR TO ASSEMBLY.

Prior to Assembly:

These instructions cover all 4812 models, for example 4812B, 4812W, etc.

It is important that you follow the instructions carefully. Construction should take around 1 -2 hours to complete.

Place the EVERLAST Heavy Bag Stand at your desired location.

Remove all components from the box, and make sure all the parts are present.

Two people are recommended for assembly, all tools required for assembly included, Allen Wrench M10 and Plate wrench with M8, M10 openings. (You may also need a rubber mallet at times to push bolts through.)

Find a spacious area for assembly and use. We recommend an area at least 4ft. x 6ft., with a ceiling at least 7 ft. 3 in. high.

It is strongly recommended that well-padded bag gloves are worn when using the heavy bag function of the stand.

Tighten the assembly bolts by hand (unless stated otherwise) until all are in place, and then tighten the bolts with a wrench when assembly is completed.

Be sure that all bolts and nuts are aligned properly before tightening them. When installation is complete, make sure all parts are snug and that the platform is properly erected and ready for use.

If at any time you find any part is worn or defective, cease use of the platform and contact ACI Brands Inc. to provide you with any necessary replacement parts for a nominal fee.

NOTE: The maximum weight of the heavy bag on this unit must not exceed 100 lbs.

WARNING: Failure to follow instructions herein may cause serious injury. Boxing is an invigorating yet strenuous activity. Before starting any workout routine, consult your physician.

Before each use, please inspect to make sure that the stand is in good working order and that all bolts are tightened, and verify that both the heavy bag and the speed bag are hanging from the stand correctly.

As with any sport, the participant is subject to a certain amount of risk. Boxing, by its very nature, contains an element of risk of injury for which the EVERLAST user must be responsible.

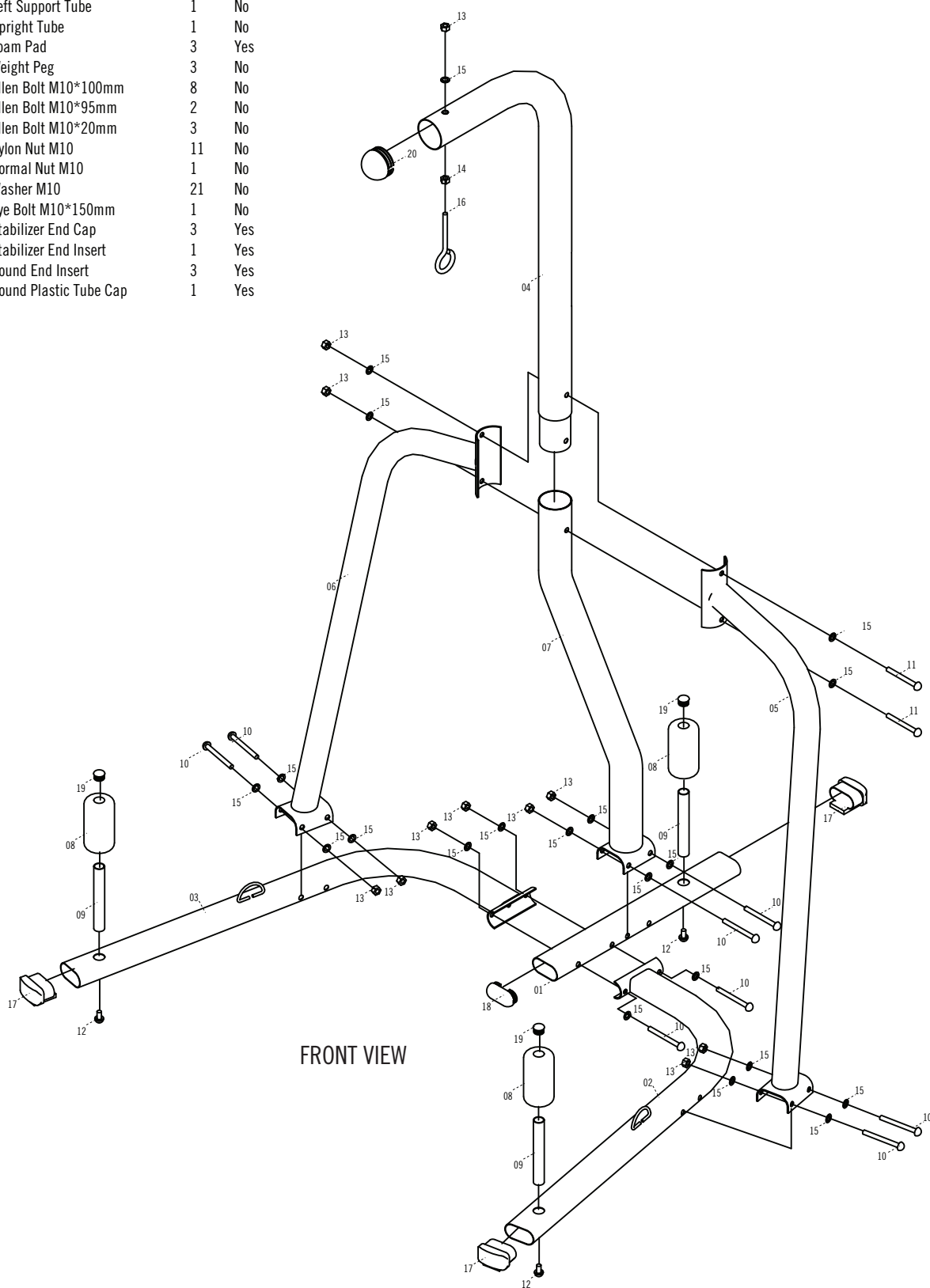
The EVERLAST Heavy Bag/Speed Bag Stand is not a toy. Please do not allow children to use it without adult supervision. Similarly, before allowing people unfamiliar with the heavy bag to use it, instruct them on the basics. The user must accept full responsibility for the safe and proper assembly and use of all equipment.

How to Stabilize the Stand:

We recommend (3) 25 lb Standard weight plates, on each peg, for all bags up to and including 100lbs.

# 4812 HEAVY BAG STAND EXPLODED DRAWING/PARTS LIST

No.	Description	Qty.	Pre.-assembled
4812-01	Center Base Tube	1	No
4812-02	Right Base Tube	1	No
4812-03	Left Base Tube	1	No
4812-04	Heavy Bag Tube	1	No
4812-05	Right Support Tube	1	No
4812-06	Left Support Tube	1	No
4812-07	Upright Tube	1	No
4812-08	Foam Pad	3	Yes
4812-09	Weight Peg	3	No
4812-10	Allen Bolt M10*100mm	8	No
4812-11	Allen Bolt M10*95mm	2	No
4812-12	Allen Bolt M10*20mm	3	No
4812-13	Nylon Nut M10	11	No
4812-14	Normal Nut M10	1	No
4812-15	Washer M10	21	No
4812-16	Eye Bolt M10*150mm	1	No
4812-17	Stabilizer End Cap	3	Yes
4812-18	Stabilizer End Insert	1	Yes
4812-19	Round End Insert	3	Yes
4812-20	Round Plastic Tube Cap	1	Yes

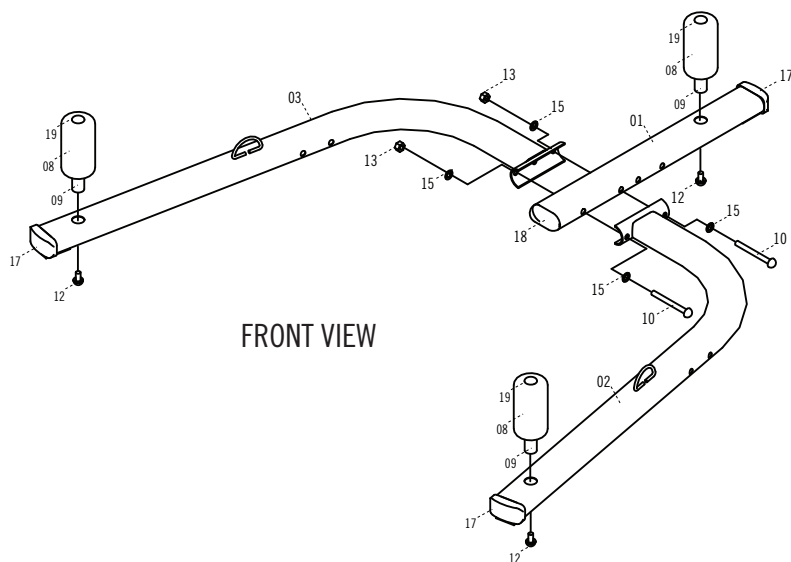


# Assembly For EVERLAST Heavy Bag Stand Model #4812

## STEP 1: BASE CONSTRUCTION

- Sub Step 1. Place center base tube (01) on floor. Place left and right base tubes (02, 03) on floor in position, loops facing upward.
- Sub Step 2. Insert 1 Weight Peg (19, 08, 09) into each of the three Base tubes (01, 02, 03) and secure with 3 M10\*20mm Allen Bolts (12).
- Sub Step 3. Align left and right base tubes with front hole set on center base tube as shown in Diagram 1.
- Sub Step 4. Insert 2 M10\*100mm Allen Bolts (10), secure with 4 M10 Washers (15) and 2 M10 Nylon Nuts (13) as shown in Diagram 1, tighten loosely by hand.

Diagram 1



## Items needed for step 1:

No.	Description	Qty.
4812-01	Center Base Tube	1
4812-02	Right Base Tube	1
4812-03	Left Base Tube	1
4812-08	Foam Pad	3
4812-09	Weight Peg	3
4812-10	Allen Bolt M10*100mm	2
4812-12	Allen Bolt M10*20mm	3
4812-13	Nylon Nut M10	2
4812-15	Washer M10	4
4812-17	Stabilizer End Cap	3
4812-18	Stabilizer End Insert	1
4812-19	Round End Insert	3

## STEP 2: HEAVY BAG TUBE CONSTRUCTION

- Sub Step 1. Attach M10 Eye Bolt (16) with 1 Normal Nut (14), 1 M10 Washer (15), and 1 M10 Nylon Nut (13)
- Sub Step 2. Align Upright Tube (07) to rear holes on Center Base Tube (01) attach by inserting 2 M10\*100mm Allen Bolts (10), secure with 4 M10 Washers (15) and 2 M10 Nylon Nuts (13) as shown in Diagram 3, tighten loosely by hand.
- Sub Step 3. Insert completed Heavy Bag Tube (04) into Upright Tube (07) as shown in Diagram 4.
- Sub Step 4. Attach Left Support Tube (06) to Left Base Tube (03) by inserting 2 M10\*100mm Allen Bolts (10), secure with 4 M10 Washers (15) and 2 M10 Nylon Nuts (13) as shown in Diagram 5, tighten loosely by hand.
- Sub Step 5. Attach Right Support Tube (05) to both Main Tube (04, 07) and Right Base Tube (02) by inserting 2 M10\*100mm Allen Bolts (10), and 2 M10\*95mm Allen Bolts (11) secure with 8 M10 Washers (15) and 4 M10 Nylon Nuts (13) as shown in Diagram 5, tighten loosely by hand.

## Items needed step 2:

No.	Description	Qty.
4812-04	Heavy Bag Tube	1
4812-05	Right Support Tube	1
4812-06	Left Support Tube	1
4812-07	Upright Tube	1
4812-11	Allen Bolt M10*95mm	2
4812-13	Nylon Nut M10	8
4812-14	Normal Nut M10	1
4812-15	Washer M10	17
4812-16	Eye Bolt M10*150mm	1
4812-20	Tube Cap Insert	1
4812-10	Allen Bolt M10*100mm	6

Diagram 2

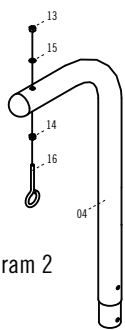


Diagram 3

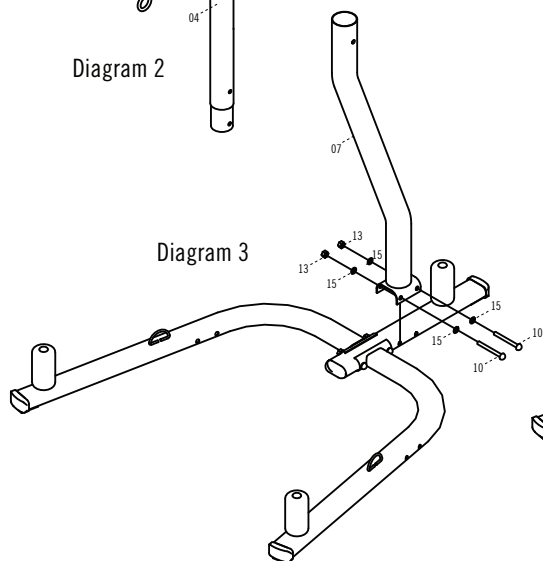


Diagram 4

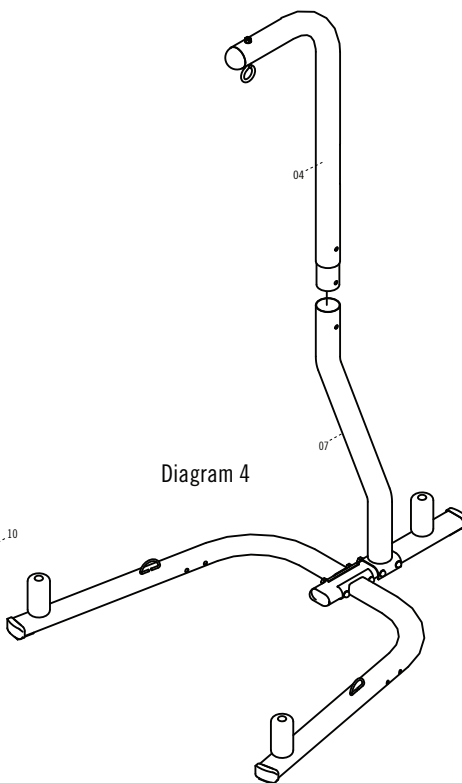
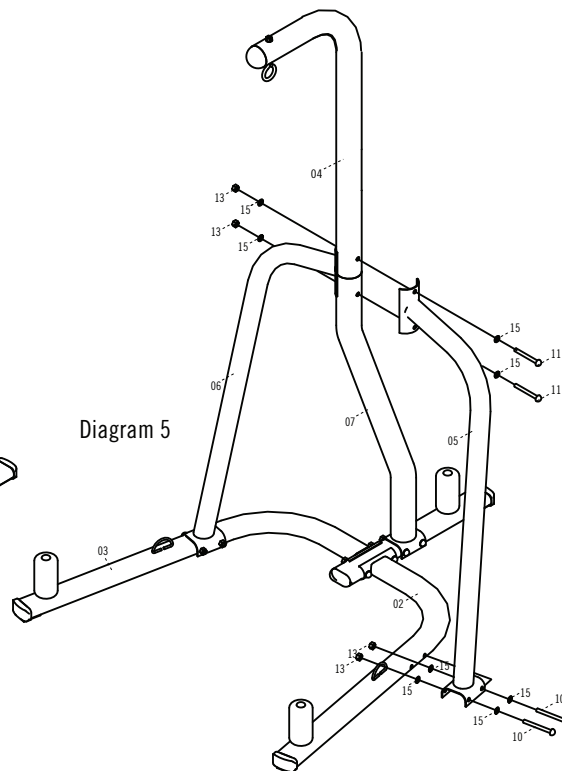


Diagram 5

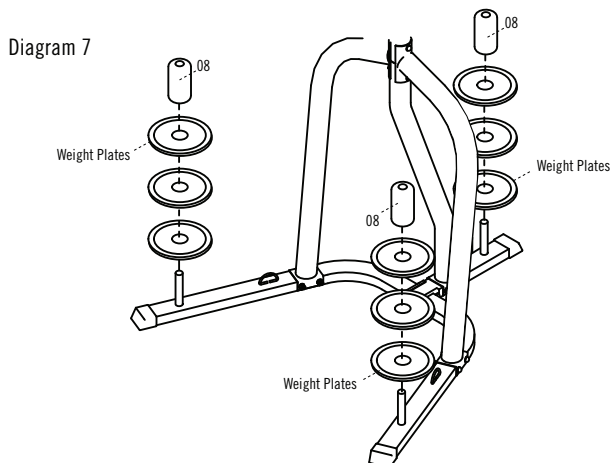


### STEP 3: CUSTOMIZATION AND ACCESSORIES

With all parts complete, retighten all bolts on entire unit, and double check for stability.

For increased stability please purchase weight plates and add evenly to all three weight pegs on stand as shown in Diagram 7

For increased bag stability, please purchase the Everlast Heavy Bag Anchor which features a laser welded water bladder and holds 45lbs. of water. Also comes with a bungee cord to attach to the bottom of your Everlast Heavy Bag's double end attachment.



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FOR HEAVYBAG WORKOUT TIPS AND FREE RING TIMER DOWNLOAD.